



CONVERSATIONS

OUR SPRING ISSUE



WELCOME TO CONVERSATIONS, our parish magazine, the fourth and last online edition for 2020.

If it is your intention to flick through this online edition, I encourage you to stop and rather read it when you are relaxed or have a little more time on your hands. Conversations has so much to tell you about this amazing parish church to which you belong, especially during this extraordinary time of Covid 19 and beyond.

I am sure that you will agree with me that these past few months have been the most challenging time in almost every facet of our lives. It certainly has been for me, the most difficult season of my ordained ministry. I have really missed what I was used to. But in hindsight, I remain thankful for the new

opportunities I have had to connect with you through Facebook and other forms of social media in a very special way, and those who had to teach me how to do it, they know who they are.

It's such a blessing to have such a remarkable team of people working together behind the scenes with me and always willing to walk the extra mile. As your parish priest, I feel blessed and you know who they are.

From the very beginning of Covid-19, parishioners at St Oswald's, St Francis and St Luke's once again lived out the Christian calling, to reach out and love thy neighbour. Conversations, this last online edition, has much to tell you about this. It is my good hope that all of these resourceful undertakings will continue, as we faithfully come together again. The generosity and financial commitment of all parishioners made all of this possible.

Covid-19 has also brought with it much sadness, loss and stresses. It is therefore important that we pastorally support and embrace each other.

As we are all looking forward to

journey together, we are all aware that it will not be in the way we are used to. It will be for us a new way of being together in fellowship. There will be much to learn and to unlearn. The "new normal" we are all talking about will have to be existentially discovered together. The good news is that not only do we have our faith that will carry us, but also knowing that we are all in this together.

The doors of our church building will re-open for worship on Sunday 20th September under strict Lockdown protocol and regulations. Please ensure that you are up to date with how we will proceed. I must say, that I deeply long for the day that we will all be together, but at the same time I want to be careful and deliberate in every step we take for the sake of the health and safety of all parishioners and our communities.

For now, let us look forward, and keep each other in our prayers as we begin this careful, deliberate process of coming together for worship.

Enjoy reading the last online edition for 2020!

God Bless you all.

Fr Selwyn



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APPEAL FOR YOUR NEWS

- Please help us build this news - letter.
- Send us your stories, pictures and events to share: info@stoswalds.org.za
- Contact the Office: Deirdre - 021 551 8529

READ OUR NEWS ONLINE

<https://www.stoswalds.org.za/people-of-the-parish/>

...if anyone is in Christ, he is a new creation; the old has gone, the new has come!" (2 Corinthians 5:17:)

AND NOW WE ARE BACK!



Our Church being deep-sanitized in preparation for the first service.

Our Parish Councillors at the first socially distanced service.





**OUR CHURCH AND CHAPELS WILL BE OPENING THEIR DOORS
THIS SUNDAY - 20 SEPTEMBER 2020.**

We are so happy to be able to have services again on a regular basis. Yes, it is going to be very different from what we are used to and all of us will need to make allowances and comply with the new rules which have been put in place to protect us all.

PLEASE TAKE NOTE OF THE FOLLOWING:

It will be essential that you phone the office to book your place. Please consider others - there will be limited spaces for each service, so perhaps come to a service only once a week to give others a chance too. (Refer to the Service times on the last page of this magazine). All parishioners need to arrive 30 minutes before the service time for screening and registering.

**PLEASE ALWAYS WEAR A MASK, SANITIZE
& ADHERE TO SOCIAL DISTANCING.**

KEEPING ST OSWALD'S GOING....

DURING THE RECENTLY PAST TRYING TIME, it has been very difficult to imagine what it may be like in the coming months. and to plan for it. But while the church buildings have been closed, there has been much activity in the background.



The rector has continued to minister to the parish on a daily basis in different ways. There has been an active prayer list, rector's letters haven't stopped, there have been funerals and baptisms to officiate visits and urgent meetings and appointments have continued to take

place at the office, There is frequently the sound of disembodied voices coming from Fr Selwyn's office, as he connects with the Diocese and other clergy on Zoom, or attends webinars or shares in services. Indeed, we are proud of the new technological skills Fr Selwyn has become so proficient with. A special thank you should be reserved for his ever-patient sons - Jesse, Joshua and Joel, who have facilitated the weekly meditations and prayers Fr Selwyn has

offered online on Facebook.

Our organist, Cedric Williams has also been posting snippets of music and hymns online, for us to stay connected and enjoy on the St Oswald's Facebook page.



Thank you to Claudine Barkley, lay minister at St Oswald's, who has unfailingly sent out daily messages and prayers on WhatsApp.



Andree Lombard , Nadine Schell & Loretta Welcomets, our church wardens, have regularly



come in to the office on a Saturday morning every week to accept the pledge envelopes and donations, as well as do the necessary banking.



This has been essential for the regular maintenance , and financial care of St Oswald's Parish. The office itself opened initially on a

Tuesday and a Thursday from the end of May for any information, appointments, paperwork, donations etc and is currently open for normal office hours.

As for the actual church building and the grounds; our lovely cleaner, Beauty has been coming in regularly a couple of times a week, all through the lockdown, to keep it clean and sanitized in readiness.

Our gardens and grounds are now being tended by Willard who has stepped in to assist us. Thank you so much to you both, working so hard at these essential jobs in the background!



BIRTHDAYS & BAPTISMS AT ST OSWALD'S

A happy and blessed Birthday wish

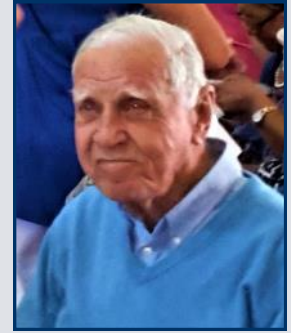


to **YVONNE LAING** who celebrated her birthday on 02 September.

Many congratulations and best wishes to **AUDREY VAN DEN HONERT** who will reach a milestone 90th birthday on 21 September



ST OSWALD'S
LOVE AND
BLESSINGS
TO YOU ALL

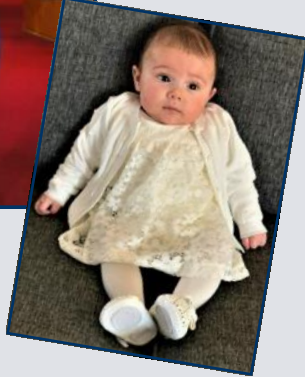


Love, many blessings

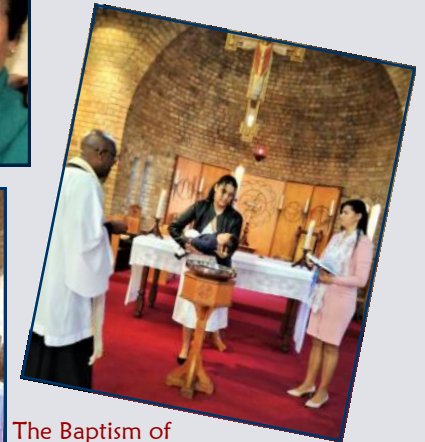
and congratulations to **HAROLD MULLER** on celebrating his 93rd birthday on 29 August. What an achievement!



Little **RILEY JAMES WAHL** was born during Lockdown. Her Baptism nevertheless took place at St Oswald's on Sunday 09 August 2020 with her very proud parents, Shalon Jacobs and Michael Wahl and some of their family. Congratulations to you all. We look forward to meeting her properly!



Birthday Blessings to **DAWN MOORE** who celebrated her special day on 16 September.



The Baptism of **MATTHEW JACE MEYER** took place on Sunday 12 July 2020. Blessings and congratulations to his proud parents and grandparents.

ST OSWALD'S SPIRITUAL FORMATION PROGRAMME

We are excited to announce that the Spiritual Formation journey will resume on 7 November 2020, as an online interactive / Zoom programme.

A report on the first session (which took place in Feb.) will be published on the Parish website under Resources, on the Recommended Reading page. The handout from the session will also be available there.



The following sessions will take place over the coming months

- Servant Leadership*
- Spiritual Development*
- Calling*
- Teamwork.*

Rev Tembeka Mpako-Ntusi
Caroline de Wet

SEASON OF ADVENT



*The Candles of Advent -
Hope, Peace, Joy, Love, Christ*

ALTHOUGH WE HAVEN'T QUITE REACHED THE SEASON OF ADVENT, ST OSWALD'S CHURCH DOORS ARE NOW OPEN, AND MANY OF US FIND OURSELVES LOOKING AHEAD TOWARDS THIS TIME.

THE SEASON OF ADVENT is the First Season of the Liturgical year, and is almost upon us in this year of pandemic and lockdown. Each issue of Conversations has thus far looked at the liturgical season we find ourselves in. Advent is also such a time of expectation and therefore it seemed appropriate to look more closely at it's traditions and meaning for us as Anglican Christians.

A History - the Advent Wreath

Advent is a season of the liturgical year observed in many Christian churches as a time of expectant waiting and preparation for both the celebration of the Nativity of Jesus at Christmas and the return of Jesus at the Second Coming.

This time in the Christian calendar anticipates the "coming of Christ" from three different perspectives: the physical nativity in Bethlehem, the reception of Christ in the heart

of the believers and the eschatological Second Coming.

The wreath is traditionally made of fir tree branches knotted with a red ribbon and decorated with pine cones, holly, laurel, and sometimes mistletoe. It is also an ancient symbol signifying several things; first of all, the crown symbolises victory, in addition to its round form evoking the sun and its return each year. The number four represents, in addition to the four weeks of Advent, the four seasons and the four cardinal virtues, and the green colour is a sign of life and hope. The fir tree is a symbol of strength and laurel a symbol of victory over sin and suffering. The latter two, with the holly, do not lose their leaves, and thus represent the eternity of God. The flames of candles are the representation of the Christmas light approaching and bringing hope and peace, as well as the symbol of the struggle against darkness.

For Christians, this wreath crown is also the symbol of Christ the King, the holly recalling the crown of thorns resting on the head of Christ.

Practices associated with Advent include keeping an Advent calendar, lighting an Advent wreath, praying an Advent daily devotional, erecting a Christmas tree, lighting a Christingle, as well as other ways of preparing for Christmas, such as setting

up Christmas decorations.

The keeping of an Advent wreath is a common practice in homes or churches. It is traditionally placed on a table with four candles or, without candles, on the front door of the house as a welcome sign. The Advent candles are usually three violet or purple and one pink, the pink candle being lit on the Third Sunday of Advent, called Gaudete Sunday after the opening word, Gaudete, meaning "Rejoice", of the entrance antiphon at Mass. Some add a fifth candle (white) in the middle, known as the Christ Candle, to be lit on Christmas Eve or Day.

The violet or purple colour is often used for hangings around the church, the vestments of the clergy, and often also the tabernacle.

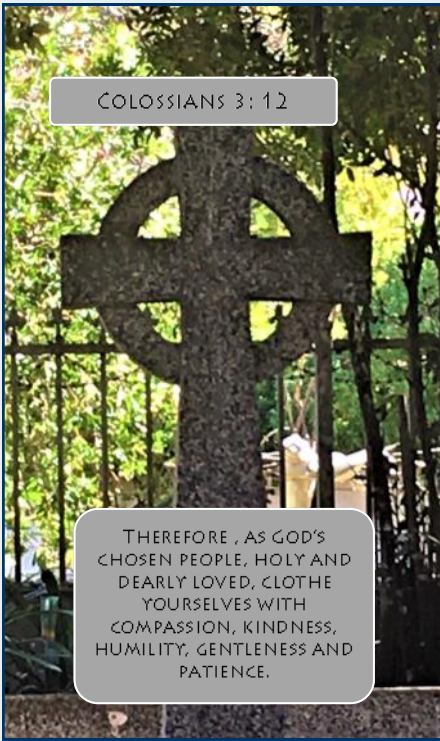
en.wikipedia.org/wiki/Advent



An Altar dressed for Advent

Here at St Oswald's we usually follow a special, short, Advent Liturgy and light an Advent Candle for the wreath each Sunday of Advent. For us, the candles signify Hope, Peace, Joy, Love, and the last white Candle is the Christ Candle.

AUGUST - THE MONTH OF COMPASSION



St Oswald's Parish has a long tradition of reaching out and assisting those in need wherever possible. Now more than ever, in this time of nationwide crisis, there are people in need of assistance, both materially and spiritually. Despite the restrictions and limitations that have been imposed on us all, it has been essential that we continue as far as possible to help in any way we can. There are a number of organisations within the parish whose purpose is to facilitate our Parish Vision - *WE CARE*.



OUR PARISH VISION



Our Parish Vision supports the goals of the Month of Compassion.

To be a vibrant parish which supports all our ministries through the strength and guidance of our Lord Jesus Christ to show that **'WE CARE'**

Worship Evangelism Caring Ministry Awareness of needs of others
Reaching out - Renewal / Revival Education

COMPASSION means to become close to the one who suffers. ... A compassionate person says: "I am your brother; I am your sister. I am human, fragile and mortal, just like you. I am not embarrassed by your tears, nor afraid of your pain. I too have wept. I too have felt pain...I cannot take your pain away. I cannot offer you a solution for your problem, but I can promise you that I won't leave you alone, and will hold on to you as long and as well as I can". There is much grief and pain in our lives, but what a blessing it is when we do not have to live our grief and pain alone. That is the gift of compassion.

From: *Here and Now: Living in the Spirit* by Henri Nouwen

Compassion for others ...

Compassion literally means "to suffer together." Among emotion researchers, it is defined as the feeling that arises when you are confronted with another's suffering and feel motivated to relieve that suffering.

Compassion is not the same as empathy or altruism, though the concepts are related. While empathy refers more generally to our ability to take the perspective of and feel the emotions of another person, compassion is when those feelings and thoughts include the desire to help. Altruism, in turn, is the kind, selfless behavior often prompted by feelings of compassion,

though one can feel compassion without acting on it, and altruism isn't always motivated by compassion. While cynics may dismiss compassion as touchy-feely or irrational, scientists have started to map the biological basis of compassion, suggesting its deep evolutionary purpose. This research has shown that when we feel compassion, our heart rate slows down, we secrete the "bonding hormone" oxytocin, and regions of the brain linked to empathy, caregiving, and feelings of pleasure light up, which often results in our wanting to approach and care for other people.

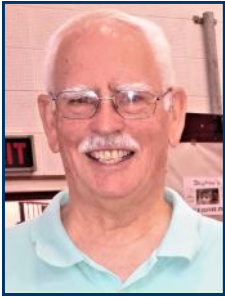
<https://greatergood.berkeley.edu/topic/compassion/definition>

"The Christian commandment to "love your neighbour as yourself, and God above all things" does not refer in fact to one single love, but to a balance between three loves: Of I and You and Him. And it is not a question of loving one's neighbour more than oneself, but of loving the human being – both in others and in oneself – and loving even more that which is greater than human."

Claudio Naranjo

<https://stfrancisparkview.com/2019/08/15/august-is-the-month-of-compassion-2/>

AUGUST - THE MONTH OF COMPASSION



I THINK THAT I SHOULD CONTEXTUALISE MY SITUATION before sharing some reflections on compassion.

The month of Compassion this year fell within the lockdown period due to the Corona Virus pandemic and as such has given us many opportunities to look at the needs of society.

Because I am in my seventies, I am in the high risk category in terms of contracting the Virus. I live in a Retirement Village where the Government Regulations are stricter than for the general Public. We have been subjected to additional lockdown provisions as we have a frail care centre. So we were not permitted to walk in the complex for some time and not visit neighbours, something which retired people living alone often do to alleviate loneliness. We are, as at 10th September, still not permitted to have visitors. I have a widow living across the street who is almost 90 she like many others in similar situations must find it

extremely difficult.

This is the context in which I am reflecting on this month of Compassion 2020. I have been out of circulation, but have managed to contact a number of parishioners by telephone just to say Hi, how are you doing. The response has been wonderful.

The impact of lockdown and the closure of businesses and schools has shown how many in our country and the world for that matter, are in need of our love and compassion. As Henri Nouwen says in the quote mentioned earlier in this edition of Conversations; compassion means to become close to the ones who suffer.

Lockdown has highlighted the serious gap between the haves and the have nots. We have seen what shocking conditions prevail in many of our schools, and the blatant neglect by the government over three decades.

There are also many, many more people, which as a result of the impact of the Corona Virus, have become jobless with the resultant poverty which accompanies no income.

There is also the dramatic increase in depression and anxiety.

These highlight what we as Christians need to be doing to show the compassion which Jesus showed to those whom he encountered in his earthly ministry.

We need to be working to show our compassion to the hungry, the unemployed and those suffering from depression. We as a Parish have certainly not shirked our duty, as can be seen in this edition of Conversations, however I am certain that there is much we can all do both corporately and individually to reflect our Saviour's compassion to the world around us, that is hurting so badly. For example, we live on the perimeter of our complex and are blessed to look out on a park. However in the last few months we have had a number of beggars coming to the fence asking for food and money. One even shouted to us as we were preparing supper in our kitchen, and demanded food and money.

Taking all the foregoing into account, I believe that we should not just have a month of compassion; the need is such that this should become our way of life, as we play our part in healing the hurts of the world.

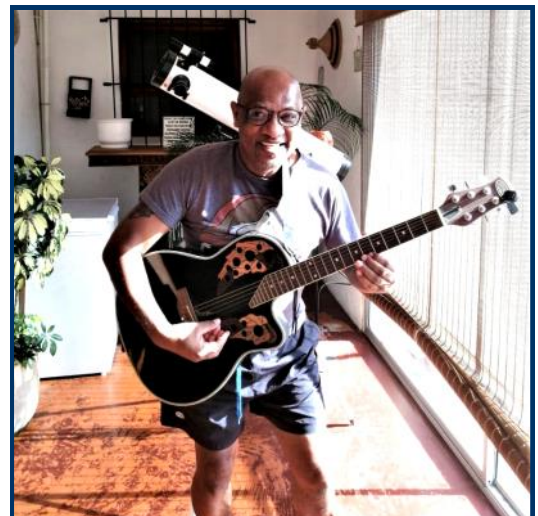
FR ERNEST WARD-COX

St Oswald's responding to the needs ...

The following pages are intended to give you an insight into what tends to happen only in the background.

We would like to mention and thank in particular, the St Oswald's families who regularly and quietly make generous donations of food to be distributed to those in need. They have continued in this difficult time to donate the valuable basics, so necessary for the survival of some. Thank you from all of us here at St Oswald's for being so supportive over the past months.

We are also very grateful for the very generous donation of our Covid-19 sanitising and screening equipment. These essential supplies go a long way in helping St Oswald's in complying with all the Diocesan and governmental regulations and ultimately keeping us all safe. It is greatly appreciated.



And then of course, we need to include thanks to our Rector, Fr Selwyn, always making the difference and keeping all of our spirits up, no matter what the circumstances!

AUGUST - THE MONTH OF COMPASSION

St Oswald's Parish responding to community needs ...

Charles Bird, a chapel warden of St Francis, has been assisting various volunteers with the distribution of food to various members of the Brooklyn community. He (along with other parishioners, when they are available), work with a number of different NGO's and a Congalese church to alleviate the situation brought about by Covid-19.

Not only are certain of our parishioners receiving food regularly, but there are school children, old age pensioners, homeless people and even families in need who are included. A number of kitchens have been set up in the Brooklyn area.

The kitchen at St Francis Chapel is being used by Fay of the Brooklyn Women's Forum, working alongside Fabian Ah-Sing, ward councillor of Brooklyn. Meals are prepared here for learners at Ysterplaat Primary School. 70 children are being fed every Wednesday and Friday. Some of the community also receive meals from this kitchen.

Another kitchen is being run from the da Gama Street home of Brooklyn resident, Nawal. Charles delivers the soups and stews from Monday to Saturday, to the old age pensioners of Reyger's Court in Brooklyn, as well as to the 20 homeless people who shelter outside the Fire Station in Paarden Eiland.

The feeding scheme also operates from a Congalese church in Brooklyn called Gracé a la Gracé. It is housed in the old clinic in Brooklyn. The co-ordinator, Mockie works with a number of ladies to provide food for about 150 generally disadvantaged families, pensioners and homeless people in the community every Wednesday and Friday.

Lastly, Jessie, another member of the community who has made her kitchen in Curlew Street available, also provides meals. Charles collects the food and delivers to all the various points.



It is heart-warming and encouraging to see the work being carried out right here in our community, not only during this Month of Compassion, but also during this very difficult time of Covid - 19.



Some of the recipients at Reyger's Court in Brooklyn



Mockie and her assistants at the Grace a la Grace Church in Brooklyn



Hard at work at the St Francis Chapel kitchen



Charles with children from Ysterplaat Primary

AUGUST - THE MONTH OF COMPASSION

QULEANE MANEVELDT, NIECE OF PARISHIONER, SANDRA NELSON, arrived at the office with a family member, **Nicole Maneveldt**, and an enormous amount of clothing.

Quleane, who normally sells her clothing, told us how she had been blessed during Lockdown, and had landed a job.

She felt that she no longer needed the income from the clothing and wanted to pass it on for those who had a far greater need.

Thank you for your generosity, Qhlean! It will make all the difference.



St Oswald's responding to community needs ...

ONE DAY DURING LOCKDOWN, Dries, our handy man, who has done maintenance work for us here at the office, noticed our bags and bags of squares waiting to be made into blankets.

He promptly volunteered to take them all home to his friend who sorts and sews up squares for the hospitals and other churches.

Grieta Roberts, of Bothasig, didn't hesitate and in a matter of a few weeks, all the blankets were returned and ready to go! Thank you Grieta and Dries for generously sharing your time and talent!



Grieta Roberts sorting St Oswald's squares at her home

FACEBOOK POST THURSDAY, 23 JULY 2020: Vulnerable moms and babies feel the love during Mandela Month

There is so much power in collaboration! Never has this been more evident than in this Covid-19 pandemic and the consequent lockdown. There've been more and more instances where so many different levels of government, organisations, businesses, NGO's, support agencies, care groups, churches, the public and the media have stepped up in the most remarkable way to offer aid to those in need.

My fellow councillor, Christine May and I were blessed by one such occasion today when we took delivery of a sizeable donation of mom/new born baby starter care packs for our respective areas of service, i.e. Hermanus and Hangklip-Kleinmond. This substantial gift was generously sponsored by The Pear Tree Project which is supported by St Oswald's Anglican Church in Milnerton.

There to do the handover on behalf of the aforesaid was well-known and much respected Hermanus midwife and birthing coach, Debby Engelbrecht of her practice 'The Birth Woman'. For years Debbie has also been involved with various mom/baby care initiatives in the Overstrand that include assisting in the birthing process, promoting and implementing breast feeding programs, info sharing sessions for expectant moms and other similar educational drives; to name but a few.

Also in attendance was Hermanus Times Editor, Daleen Fouché, who played a pivotal role in initiating the contact between those concerned. All of which will ultimately ensure much-needed assistance for the most vulnerable moms/new born babies in our poorer communities.

Yours in servitude
Charmaine Resandt (PR Cllr)
Secretary/Communications Officer:
Overstrand Constituency
Cell: 0798855022
Email: cressndt@gmail.com



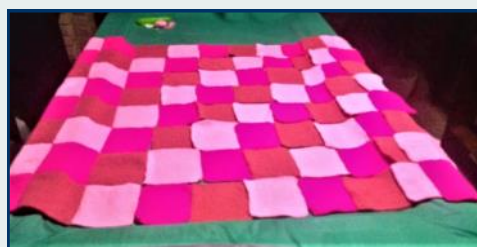
^ Caroline & Tarryn at the St Oswald's office, packing Pear Tree bags for newborns and their mothers.



< Overstrand Cllrs Charmaine Resandt and Christine May taking delivery from Hermanus midwife Debbie Engelbrecht of a substantial donation of new born baby starter packs.



St Oswald's Wednesday morning square-knitting ladies >



The piecing together of one of our beautiful blankets
 Thank you also to **Caroline de Wet** and **Mrs George** who also sewed some of the blankets together,



AUGUST - THE MONTH OF COMPASSION

MEET THE SATURDAY SANDWICH SISTERS!

BY BRIDGETTE DARIES



On average, we still manage to collect about 2 500 sandwiches on a Saturday which is absolutely amazing given that the project started off with a target of 1000. Sandwiches

WE ARE GROUP OF LADIES WHO GET AMAZING SUPPORT from men, women and children, mainly from the Milnerton and surrounding areas who aim to feed the hungry people and pets in our communities such as Joe Slovo, Rugby, Phoenix and Brooklyn.

are individually wrapped and counted into batches of 100 and then placed into lugs to ensure they are not damaged during the distribution process, all done by **Richard**, or “the man in a van”, as he is fondly known.

What started off as a short term project to help feed the hungry during lockdown has now been running for a whopping 21 weeks! The project is led by the Milnerton Ridge: Neighbourhood Watch (NW) Members and Residents group who joined forces with Janine McEvoy of the Milnerton CAN (Community Action Network) in a response to COVID-19.



I first joined the group around April 2020, when the country was in the start of the lockdown period. Many people were unable to work and earn money to buy food. When Jacqui Pember of our neighbourhood watch posted an appeal for readymade sandwiches to be dropped at Paddocks, my family and I immediately hopped in.

The Sandwich Sisters also accept donations of bread, butter and sandwich fillings such as jam, peanut butter, boiled eggs, polonies and mayonnaise. These can be dropped off in the Paddocks basement, much like a drive-through, so it is very convenient for people to drop off ingredients or prepared, individually wrapped sandwiches.

I will never forget the overwhelming response of that 1st weekend! Jacqui had set a target of 1000 sandwiches and we collected well over 13 000! The next whopper of a day was Nelson Mandela day where we collected and prepared just over 9 000 sandwiches.

Mark Lindsell, also of the Milnerton Ridge NW usually sets up our tables, safety cones and banners early in the morning and we're ready to collect and prepare sandwiches from 08:30 until around 13:00.

We also have some amazing people like **Elise and Tara from St. Oswald's** who participate and amongst other things, prepare “Meals for 4”. This is a mixture of soup mix, beans, samp, packets of soup and some stock, all placed in a jar such as a coffee jar.



Elicia Goshai & Tara from St Oswald's

People are also donating fruit which are made into fruit packs of 6 fruit per bag. Absolutely nothing is wasted by the sandwich sisters, so we re-use the bread bags as our fruit bags. and even recycle the tags!

Under the leadership of **Carolina Burd-Rocchinotti**, we also collect dog and cat food to keep the community fur baby's tummies full. Large bags of pet food are split into smaller packs and Carolina often uses large water bottles or other plastic containers to split the pet food into pack sizes that are easy to distribute to the households.



AUGUST - THE MONTH OF COMPASSION

The work of the sandwich sisters does not stop on a Saturday night after distributing the food in communities where people are now queuing up for the much awaited Sandwich Saturdays. Some of the sisters also collect soup ingredients and make large pots of soup in the week. They also use each and every container whether a butter or peanut butter jar to distribute the soup, so literally nothing goes wasted.

Then, one day, we had an amazing lady called Jean arrive with knitted teddies with masks. We initially thought she



was there to sell them, but much to our delight, she was there to donate them! The pattern is available on request and others have hopped onto this project, now called the "Dollie Project" and are knitting for this worthy cause too!

I recall hearing of a child that was handed one and she said it is so beautiful, then handed it back to one of the sandwich sisters. When they told her it was for her, her emotions just got the better of her. She was so touched that it was hers to keep forever.



It is heart-warming stories such as these that keeps me going back and giving

back week after week. So many people have made a difference, no matter how small. Even if people could only prepare a few sandwiches, it is the effort and love that went into it that makes it so special and I am sure the recipients felt that love. Many people used to add little lolly pops, or write little messages on their sandwiches such as keep safe, God loves you or simple smiley faces or hearts.



St Oswald's
Bridgette Daries

S a n d w i c h Saturday has got to be the highlight of my 2020!

The friends I have made and the difference we have made has lightened up a very dark period.

We have so much fun and there is always some music going to make the task more fun. We even sometimes have live entertainment by Ernesto Oddone who delivers a few Italian songs or plays some 'dancing queen' or 'los lappie' to get the sandwich sisters dancing in the basement. We have our



St Oswald's Pat Strydom

regulars who often have a sing and a dance (literally) with us. These include **Pat Strydom and many active members of the Blouberg Rotary club.**

Their support and commitment to our cause has been over-whelming and is much appreciated.

As you can hear, this group of sandwich sisters (and brothers), is a force to be reckoned with. The group are now also looking into other sustainable projects to ensure that the communities become self-sufficient. One such project is called **Janet's Junction** where one of the

sandwich sisters lives in Phoenix. They have started a veggie garden and we have set out to raise R25 000 to facilitate a sustainable future. We want to build a carport with drop blinds to make the area weather proof and to buy a large two burner gas stove where Janet and the community can run their own projects and empower the locals. In the meantime, we see the need to continue with our sandwich drive for a while still. The need is really great and we hope to receive continued support for our community long into the future.

*Love from
the Saturday Sandwich Sisters:
Merille, Jacqui, Amy, Sue, Kim,
Crystal, Jemma, Bridgette,
Ursula, Janet & Lena J*



Why not follow us on Facebook at Milnerton Community Action Network (CAN) or pay us a visit (and a dance) in the basement at





^ Members Of the local Malawian Anglican Congregation to whom Fr Selwyn ministers, collecting food parcels from the St Oswald's offices next to the church.



< Delivery of Knitted Blankets knitted by St Oswald's Parish ladies, to the Holy Cross children's home in Modderdam Rd after they suffered a fire which gutted part of their building and caused the loss of everything for some children.



^ Rev Tembeka & Audrey of Malachi House in Richwood - after delivering St Oswald's donations of food & baby and children's clothing.



47 structures in Joe Slovo were burned to the ground in June, with next to nothing having been salvaged.



Fr Mapambane and parishioners blessing the donations of clothing collected by members of St Luke's for those 172 adults & children who lost everything in the recent fire in Joe Slovo. v

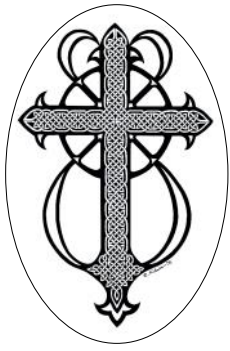


THE SPIRIT OF COMPASSION is to take action to make the difference in someone's life and reduce their suffering. Without taking action, there is no peace for either the giver or the receiver. The quality of compassion need not only concern itself with material or physical things, but very particularly with the human spirit and the soul. It is the human quality which

allows those who are stricken or dependent to lead a more fulfilling life.

The effects of the Pandemic have not only had consequences of emotional and spiritual upheaval on our people, it has also left many jobless and hungry.

Thank you to the many St Oswald's parishioners have stepped up and tried to make the difference.



FROM A CARE-GIVER IN OUR PARISH

LEONORA VAN WYK

FROM ST FRANCIS CHAPEL

COVID-19:

MY VIEWS AND EXPERIENCES AS A HEALTH CARE WORKER

• I am the Facility Manager at Maitland CDC, managing 26 Health Care Workers comprising of Clinicians, Nurses, Admin, Oral Health and Pharmacy staff. Part of the service involves networking with Non-profit organizations prior to the outbreak of the pandemic and on an ongoing level .



• We developed a de-escalation plan as required by our Substructure Authorities for the facility to reduce the number of people coming to the facility . This enabled staff to focus on Covid-19 related matters i.e screening and testing and mobilizing community outreach teams . Due to our successful de-escalation plan , we saw 80% of clients who are continuing chronic care away from the facility. Clients received pre-packed medication that was delivered at home by community health workers which had a huge impact.

• Individual risk assessments were conducted on all staff members at the facility. I was classified as a high-risk individual, due to the fact that I am older than 55 years, with co-morbidities - diabetes and hypertension.

• One of my greatest fears about this pandemic is the fact that it's an unknown disease and there was not enough information about it , despite ongoing research . We saw colleagues and patients getting infected with the virus and lots of people succumbing to it . That prompted me to be extra vigilant and very diligent in adhering to the universal pre-cautions of regular hand-washing , social distancing , wearing a mask and constant hand sanitizing.

I overcame my fears through faith in God and developed a new belief system which encompasses A - B - C below.

A) - Be Alert at all times: To be proactive in identifying possible positive staff members and clients

B) – Be Brave as well as have a positive attitude - Place all your fears in God's hands

C) - Be Cautious: By implementation of hand washing, sanitizing, wearing of mask and PPE use and ongoing education to clients as well as colleagues

The above experiences in 2020 inspired me to motivate and empower my staff with knowledge.

Knowledge is Power.





TAKING CARE OF OURSELVES ...

Now during this time of Covid-19 crisis, we are all beginning to feel the effects of the Pandemic. The experiences of being locked down, unexpected and unplanned-for financial pressure, physical and emotional fatigue is felt by us all, sadly by some much more than others. While we seek to recover ourselves, and learn the necessary coping skills, excerpts from this article may provide a source of understanding of the value and need for Self-Compassion.

Over the past decade, research conducted shows that self-compassion is a powerful way to achieve emotional well-being and contentment in our lives, helping us avoid destructive patterns of fear, negativity, and isolation. More so than self-esteem, the nurturing quality of self-compassion allows us to flourish, to appreciate the beauty and richness of life, even in hard times. When we soothe our agitated minds with self-compassion, we're better able to notice what's right as well as what's wrong, so that we can orient ourselves toward that which gives us joy.

Researcher Kristin Neff reveals the benefits of going easy on yourself: less anxiety, less conflict, and more peace of mind.

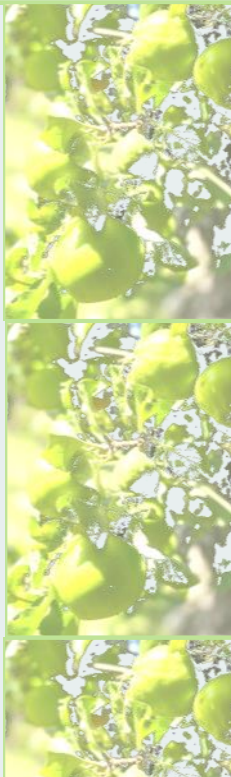
As defined in this article, self-compassion entails three core components. First, it requires self-kindness, that we be gentle and understanding with ourselves rather than harshly critical and judgmental. Second, it requires recognition of our common humanity, feeling connected with others in the experience of life rather than feeling isolated and alienated by our suffering. Third, it requires mindfulness—that we hold our experience in balanced awareness, rather than ignoring our pain or exaggerating it. We must achieve and combine these three essential elements in order to be truly self-compassionate.

https://greatergood.berkeley.edu/article/item/try_selfcompassion/

Perhaps these are qualities that we would do well to remember and focus on as we have all felt the uncertainties and struggled through the past months of lockdown and loss.

A Story From under an Apple Tree ...

I WAS FEELING EXHAUSTED and about to spiral into thoughts that would only lead to suffering. I could see them bubbling “Why do you get so tired?” “Why wasn’t I born with a body that has heaps of energy and has to pace at life”. “Everybody else has a fuller life than you”. I felt anxiety and irritation rising. Thankful to be familiar enough with my thought life and mindfulness I stopped on feeling the irritation to notice the thoughts. I approached the Apple Tree. What would it say to a series of those kind of thoughts? It would just stand there, rooted in peace, and wonder why on earth a human would be so unkind to themselves. The Apple Tree reminded me it took each moment at a time. It didn’t judge dry weather that might mean a later harvest or a reduced crop. It wouldn’t judge a storm that might batter it’s leaves. It wouldn’t compare itself with other trees and their progress. It would just be. Be there.



Accepting. Unphased. With no need for thought. Because it knows it’s perfect. It’s rooted in knowing it’s purpose and importance. It knows it’s part of something bigger. How it’s connected and loved.

Humans can’t not have thoughts but we can become more ‘Apple Tree’ by being rooted at home with ourself in the truth that our life is unfolding as it should, at the pace it should, that we are uniquely made and have no need to compare. And if a storm of exhaustion comes it doesn’t think it’s stuck in it forever. For the sun might shine tomorrow. Thanks Apple Tree. I am still exhausted. But I am allowing it to unfold moment by moment, in acceptance, listening to what I need to nurture it. Be kind to yourself. Accept yourself where you are at. Your life is your own personal heroic journey. And the sun might just come out tomorrow.

From British comedian, Miranda Hart on Facebook

OUR FINANCIAL SITUATION & ARRANGEMENTS

Firstly, I would like to thank all those who so generously gave financial support to the church during lockdown. Many people pledged electronically and some parishioners came on a Saturday morning to drop off pledges. The amazing thing is that the value of pledges increased significantly during the last few months of lockdown; so despite not having collections, fewer donations and no hall hire, the income increased. We were also helped by the diocese as they reduced diocesan assessments for a few months and we also benefited in that TERS-UIF was received for the clergy and some paid staff. Thanks to you all and God Bless.
Yours in Christ’s service, *Andree - Treasurer*

Standard Bank, Milnerton

A/c Number 073084735

EFT Reference: Pledge Number

KINTSUGI

THIS CENTURIES-OLD JAPANESE ART fixes broken pottery with a special tree sap lacquer dusted with powdered gold, silver, or platinum. This distinctive method celebrates each artifact's unique history by highlighting its fractures and breaks instead of hiding or disguising them. In fact, Kintsugi often makes the repaired piece even more beautiful than the original, revitalizing it with a new look and giving it a second life...

<https://mymodernmet.com/kintsugi-kintsukuroi/>



"ANthem"

LEONARD COHEN

The birds they sang
At the break of day
Start again
I heard them say
Don't dwell on what
Has passed away
Or what is yet to be.
Ah the wars they will
Be fought again
The holy dove
She will be caught again
Bought and sold
And bought again
The dove is never free.

Ring the bells that still can ring
Forget your perfect offering
There is a crack a crack in
everything
That's how the light gets in.

We asked for signs
The signs were sent:
The birth betrayed
The marriage spent
Yeah the widowhood
Of every government
Signs for all to see.

I can run no more
With that lawless crowd
While the killers in high
places
Say their prayers out loud.
But they've summoned,
they've summoned up
A thundercloud
They're gonna hear from
me.

Ring ring ring ring ring
Ring the bells that still can
ring
Forget your perfect offering
There is a crack a crack in
everything
That's how the light gets in

You can add up the parts
But you won't have the
sum
You can strike up the
march,
There is no drum
Every heart, every heart
To love will come
But like a refugee.

Ring the bells that still can
ring
Forget your perfect offering
There is a crack, a crack in
everything
That's how the light gets in.

Ring the bells that still can
ring
Forget your perfect offering
There is a crack, a crack in
everything
That's how the light gets in.
That's how the light gets in.
That's how the light gets in.

LISTEN ON THIS LINK:

<https://www.youtube.com/watch?v=pykafn3QYtI>

"... the Kintsugi metaphor is a powerful demonstration, that difficulty, struggle, fear, loss, brokenness, failure etc, is not the end of the road. With a patient and positive approach to life, the Kintsugi metaphor provides an opportunity to bounce back, potentially better than before."

"... in the light of Covid-19, wrestling with and through our fears, anxieties and losses at all levels of our being, lends itself to the willingness to embrace what is, and be honest with our feelings and emotions of what we are going through. Our vulnerabilities should therefore not be seen as a weakness, but potential strength to move forward with the all of who we are."

Fr Selwyn, Rector's Letter - 17 July 2020

HONOURING THE ARCH...

GRACE CHURCH ON - THE - HILL - a Canadian Anglican Parish in Toronto, Ontario, has recently honoured Archbishop Emeritus Desmond Tutu with an installation which celebrates inclusivity. The Arch's life, actions and beliefs continue to influence and inspire people all around the world, in all walks of life.

The new stained glass window in their church depicts both the Arch and Rev. Florence Li Tim-Oi from Hong Kong who was the first woman ordained an Anglican priest.

The window was commissioned in 2019, and is their first 21st century window. These two inspiring heroes of faith now shine down from the triforium positioned high above the chancel at Grace.

[#gracechurchohthehill](#)
[#stainedglass](#) [#window](#)
[#tutu](#) [#florenceLi](#)
[#BishopTutu](#)



The hope of the Grace Church on-the-Hill Parish is... "that this window in a white-majority neighbourhood... may signal our willingness to repent of our historic systematic racism and encourage us to labour for a more inclusive and diverse community of faith".

<https://web.facebook.com/gracechurchohthehill/>

THE DESMOND TUTU PEACE LECTURE FOR 2020 ...

SAVE THE DATE
10TH ANNUAL
**DESMOND TUTU
INTERNATIONAL
PEACE LECTURE**
CLIMATE JUSTICE GLOBALLY:
NOW AND FOR THE FUTURE
SPEAKERS:
VANESSA NAKATE
GRETA THUNBERG
07 OCTOBER 2020
TO BE BROADCAST DIGITALLY

The Tutu Foundation continues to offer fascinating lectures by international speakers which are relevant to our time. Despite the need for a digital platform this year, the lecture is proving to be as popular and inspiring as ever.

This year the topic concerns Climate Justice and the guest speakers are Vanessa Nakate, the Ugandan climate justice activist, and the very vocal 17 year old Greta Thunberg, an

internationally recognised environmental activist from Sweden.

If you are interested in hearing the lecture, please check the website of the Desmond and Leah Tutu Legacy Foundation for details - www.tutu.org.za

The Lecture this year will coincide with the Arch's 89th birthday! Congratulations Arch!

SEPTEMBER - THE MONTH OF CREATION



While August is the Month of Compassion in which we care for ourselves and each other, September has been set aside by a great number of very influential and important international organisations for coming together in ecumenical support of the **Season of Creation**. From the website, this paragraph describes the purpose of this time of the year and the need for the worldwide community to unite in prayer and action.

“This year, amid crises that have shaken our world, we’re awakened to the urgent need to heal our relationships with creation and each other. During the season this year, we enter a time of restoration and hope, a jubilee for our Earth, that requires radically new ways of living with creation.

The Season of Creation unites the world’s 2.2 billion Christians around one shared purpose. With so much injustice all around us, now is the time for Christians everywhere to come together and show the world how to love each other and creation.”



SEASON OF CREATION

www.seasonofcreation.org/about/



St Francis of Assisi...

Many traditions view St. Francis as an inspiration and guide for those who protect creation. October 4 is his feast day and the last day in the Season of Creation.

In recent years, statements from religious leaders around the world have also encouraged the faithful to take time to care for creation during the month-long celebration. To renew our relationship with our Creator and all creation. For the world’s 2.2 billion Christians to come together to care for our common home.

The season started 1 September, the Day of Prayer for Creation, and ends 4 October, the Feast of St. Francis of Assisi, the patron saint of ecology beloved by many Christian denominations.



VISION “A church which is striving to safeguard the integrity of creation and sustain and renew the life of the earth”

MISSION

- Resource and inspire Anglicans in the spirituality of Caring for Creation
- Inspire and encourage individuals to live sustainable lives
- Inspire and equip Churches and Dioceses to practical actions as Earthkeepers
- Challenge and network individuals, Churches and Dioceses to prophetic acts of advocacy

The Green Anglicans are a movement within ACSA who strive to uphold and promote anything concerned with environmental issues. They provide resources for use in churches on special days or times such as World Environment Day, Season of Creation, Lent (Carbon Fast) etc. Training workshops are provided for youth leaders, as well as resources for Sunday Schools and Youth. Retreats and forums are offered to Clergy and lay leadership - all with a focus on environmental care and concerns. Sunday reflections are available on their website, which with biblical verses, consider how we can live in an environmentally life-sustaining manner. Every year a manual for the Season of Creation is created and made available for use by churches in their prayers, liturgies and activities. This manual is also available for your interest on www.stoswalds.org.za



www.greenanglicans.org.za

Prayer of St Francis

Lord, make me an instrument of your peace

Where there is hatred, let me sow love

Where there is injury - pardon

Where there is discord - harmony

Where there is doubt - faith

Where there is despair - hope

Where there is darkness - light

Where there is sadness - joy

O Divine Master, grant that I may not so much

Seek to be consoled as to console

To be understood as to understand

To be loved as to love

For it is in giving that we receive

It is in pardoning that we are pardoned

And in dying that we are born to Eternal Life.

RETURNING TO ST OSWALD'S...



[READ OUR NEWS ONLINE—https://www.stoswalds.org.za/people-of-the-parish/](https://www.stoswalds.org.za/people-of-the-parish/)

CLERGY

RECTOR: REVD SELWYN ENGELBRECHT **ASSISTANT PRIESTS:** Revd Ernest Ward-Cox
Revd Thozamile Shweni
Revd Tembeka Mpako-Ntusi

Church Wardens: Andrée Lombard / Nadine Schell
Alternate Warden: Loretta Welcomets

**ALL SERVICES ARE TO BE PRECEDED BY ESSENTIAL PERSONAL
HEALTH SAFETY PROCEDURES AS REQUIRED BY LAW**

ST OSWALD'S CHURCH

Holy Communion	Sunday	09h00
	Wednesday	09h30
	Thursday	19h00

ST FRANCIS CHAPELRY

Holy Communion	Sunday	09h00
	Wednesday	19h00

ST LUKE'S CHAPELRY

Iyukariste Engcwele	Sunday	09h30
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ST OSWALD'S CALENDAR

OCTOBER

- NEW SERVICES SCHEDULE
- All other dates to be confirmed

NOVEMBER

- NEW SERVICES SCHEDULE
- All other dates to be confirmed

DECEMBER

- NEW SERVICES SCHEDULE
- All other dates to be confirmed

CONTRIBUTORS:

Rev Selwyn Engelbrecht, Rev Ernest Ward-Cox, Charles Bird, Bridget Daries, Andree Lombard, Leonora van Wyk

Edited by Deirdre Marshall

info@stoswalds.org.za

ST OSWALD'S CHURCH

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Milnerton

Phone: 021 551 8529

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www.facebook.com/

[St Oswald's Anglican Church](#)

BANK DETAILS

Standard Bank

Cheque A/C 073084735

Reference for EFT's:

Pledge number / Donation

